



**American Red Cross**

## **Lifeguard Training Class**

To be eligible for the Lifeguarding course, the participant must be 15 years of age by the final class meeting and must successfully complete the following prerequisites:

- **Swim 300 yards continuously using the following strokes Front crawl w/rhythmic breathing and breaststroke**
- **Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder.  
(Time limit: 1:40 seconds)**
- **Tread water for 2 minutes using only your legs-hands must be kept under armpits**

### **Course Description and Fees**

- Completion of pre-requisite skills before registering (No on-line registration)
- On-line blended learning through American red cross learning center link (Bring jump drive 4G)
- Pre- Course skill session and Introduction (Be prepared to get in the water every class)
- Water Skills (Deep and Shallow water training)
- CPR/AED/First Aid
- Conditioning and Training
- Class Fee: \$164
- American Red cross Fee: \$36

### **Class Dates and Schedule:**

April 20	(4:00pm – 7:00pm)	Pre-Course Skill and Introduction
April 21	(8:00am – 10:00am)	Pre-Course Skill and Introduction
April 23 – May 13	(Complete on-line)	On-line blended learning
May 14 -18	(5:00pm – 7:00pm)	Cpr/Aed/First Aid/Written Test
May 21 - 25	(5:00pm – 8:00pm)	Water Skills/Written Test

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