



WEST COBB AQUATICS LIFE GUARDING CLASSES 2022

Lifeguarding (\$200.00) *A fee of \$159.00 is due when you register for the class.*

An additional \$41.00 fee must be paid directly to the American Red Cross online upon completion and passing of the course. This course is designed to train participants to be safe and effective professional lifeguards. After successful completion of this course, participants will be certified for two (2) years in the following:

Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO)

This is a blended learning class. The link to the online content will be emailed to the student once all pre-requisites have been completed and registration has been completed. The student is to begin the online content, and have it completed by the final date of class. If it is not completed, the student will not be permitted to take the final exam.

Session I	February 9-28	M/W	6pm-9 pm
Session II	March 8-24	T/Th	6pm-9pm
Session III	April 11-27	M/W	6pm-9pm

Lifeguarding Prerequisites: These items must be completed by the first date of each session. Once they are completed and the fee is paid, you will be put on the class roster. We will accept prerequisites up until the first date of the session, or until the class is full.

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 minute, 40 seconds)*
- *Tread water for 2 minutes using only your legs—hands must be kept under armpits*

There is no online registration for these courses

For registration please call the West Cobb Aquatic Center to schedule your prerequisites at 770-222-6700.