

Lifeguard Training Schedule

Purpose

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Prerequisites

- ⌚ Swim 300 yards continuously.
- ⌚ 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 or steps, within 1 minute, 40 seconds.

Length

Approximate 25 hours

Instructor

A currently authorized American Red Cross Lifeguarding instructor who has met state qualifications, where required

Certification Requirements

- ⌚ Demonstrate competency in all required skills and activities.
- ⌚ Demonstrate competency in the three final skill scenarios.
- ⌚ Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Certificate Issued and Validity Period

Lifeguarding/First Aid: 2 years

CPR/AED for the Professional Rescuer: 2 year

Must attend every class each session is 5 weeks long

MUST HAVE A MIN. OF 5 PARTICIPANTS TO HOLD CLASS

Course meets every Sunday for a total of 5 weeks

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|----------------|--|--------|
| 1. Starts/Ends | Sunday Sept. 16th/Oct 14th | 12-5pm |
| 2. Starts/Ends | Sunday Oct. 21st/Nov 18th | 12-5pm |
| 3. Starts/Ends | Sunday Jan. 13 th /Feb 10th | 12-5pm |
| 4. Starts/Ends | Sunday March 3rd/March 31st | 12-5pm |
| 5. Starts/Ends | Sunday April 28th/May 26th | 12-5pm |

Vacation Week Classes meet every day for 1 week

1. Feb 18th-22nd 1-6pm

2. April 15th-19th 1-6pm

Aquatics Training Courses:

Members \$295

Non Members \$375