

Lifeguard Recertification Training Schedule 2023-2024

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

- Hold a current American Red Cross Lifeguard certification.
- 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 3 hours (may be more depending on enrollment)

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

Classes

Sunday September 24 th	1-4pm
Sunday October 15 th	1-4pm
Sunday November 12 th	1-4pm
Sunday January 14 th	1-4pm
Sunday February 11 th	1-4pm
Sunday March 17 th	1-4pm
Sunday April 14 th	1-4pm
Sunday May 12 th	1-4pm
Sunday June 9 th	1-4pm

Aquatics Training Courses:

Members	\$175
Non Members	\$250