

# Lifeguard Recertification 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**

- ☐ 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 18 <sup>th</sup>	1-3pm
Sunday October 16 <sup>th</sup>	1-3pm
Sunday November 13 <sup>th</sup>	1-3pm
Sunday December 18 <sup>th</sup>	1-3pm
Sunday January 15 <sup>th</sup>	1-3pm
Sunday February 26 <sup>th</sup>	1-3pm
Sunday March 19 <sup>th</sup>	1-3pm
Sunday April 23 <sup>rd</sup>	1-3pm
Sunday May 14 <sup>th</sup>	1-3pm
Sunday June 4 <sup>th</sup>	1-3pm

## **Aquatics Training Courses:**

Members \$175

Non Members \$225