

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 using freestyle 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 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 minimum of 5 participants to hold a class

Course meets every Sunday for a total of 5 weeks

- | | | |
|----------------|---|-------|
| 1. Starts/Ends | Sunday Sept. 11th/Oct 9 th | 9-2pm |
| 2. Starts/Ends | Sunday Oct. 16 th /Nov 13 th | 9-2pm |
| 3. Starts/Ends | Sunday Nov 20th/Dec 18 th | 9-2pm |
| 4. Starts/Ends | Sunday Jan 8th/Feb 5th | 9-2pm |
| 5. Starts/Ends | Sunday Feb 12 th /March 12 th | 9-2pm |
| 6. Starts/Ends | Sunday Mar 19th/April 16 th | 9-2pm |
| 7. Starts/Ends | Sunday April 23rd/May 21st | 9-2pm |
| 8. Starts/Ends | Sunday May 28th/June 25th | 9-2pm |

Vacation Week Classes meet every day for 1 week

1. Feb 20th-24th 12-5pm
2. April 17th-21st 12-5pm

Aquatics Training Courses:

Members \$345
Non Members \$425

Any questions please contact Aquatics Director Brian Doherty: bdoherty@wtsc.com

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 th	12-3pm
Sunday October 16 th	12-3pm
Sunday November 13 th	12-3pm
Sunday December 18 th	12-3pm
Sunday January 15 th	12-3pm
Sunday February 26 th	12-3pm
Sunday March 19 th	12-3pm
Sunday April 23 rd	12-3pm
Sunday May 14 th	12-3pm
Sunday June 4 th	12-3pm

Aquatics Training Courses:

Members \$175

Non Members \$225