



Lifeguard Class (American Red Cross)

Interested in becoming a certified American Red Cross Lifeguard? If you are at least 15 years old and can pass the course prerequisites you are eligible to join this class.

Certifications include...

- Basic Lifeguarding
- CPR for the Professional Rescuer
- First Aid

All certifications are valid for 2 years.

Attendance & Testing Requirements

You **must attend ALL classes**, and **pass ALL written & skill tests** to become a certified lifeguard.

Course Prerequisites

1. Completion of pre-course online class sections (8-10 hours).
2. Course the participants must be able to swim 300 yards non-stop.
 - The first **100 yds of front crawl** using rhythmic breathing and a stabilizing, propellant kick.
 - The next **100 yds. of breaststroke** using a pull, breath, kick and glide.
 - The last **100 yds of either front crawl or breaststroke** or a combo of both.
3. Participants must swim 20 yds. using front crawl or breaststroke, **surface dive 7-10 feet and retrieve a 10 lb brick**, return to the surface, swim 20 yds back to the start with the object and exit the water without steps or ladders in less than 1 minute 40 seconds.

PLEASE NOTE: Successful completion of the course prerequisites is REQUIRED to continue in the class. Those students that do not pass the precourse testing may re-enroll in a future class at no additional charge. If a refund is requested instead, a \$50 service fee will be deducted when the refund is processed.

