

# YLIFEGUARDING™

We build strong kids, strong families, strong communities.

## Lifeguard Training Classes February - March 2010

The American Red Cross Lifeguard course will offer participants the opportunity to receive a three year certification in American Red Cross Lifeguarding and First Aid, and a one year certification in CPR/AED for Lifeguards. Participants must be able to pass a pre-requisite test in order to be eligible to participate in the full lifeguard course. **Classes fill quickly, so enroll early!** The course will be taught over the course of two weekends.

\*2 Fridays: 4:00 pm - 8:00 pm

\*2 Saturdays: 9:00 am - 6:00 pm

\*1 Sunday: 1:30 pm - 6:00 pm

**Cost:** (\$20 non-refundable registration fee)

\$115 for Members

\$150 for Non-Members

Full Course Dates	Pre-Test Dates	Member Registration Begins	Non-Member Registration Begins	Late Registration (\$10 late fee)
February 19-February 27	Tuesday, February 16 at 7:00pm	January 4	January 11	Feb 10 - Feb 12
Mar 5 – Mar 13	Tuesday, March 2 at 7:00pm	February 8	February 15	Feb 24 - Feb 26
Mar 19 – Mar 27	Tuesday, March 16 at 7:00pm	February 8	February 15	Mar 10 - Mar 12

### ADDITIONAL INFORMATION

#### Pretest:

- 1.) Must provide proof of age (Student ID, Drivers license, or passport). Must be **15** by the end of the Lifeguarding course
- 2.) Must perform the following skills:
  - A. 300 yard continuous swim (no time limit)
    1. 100 yards of front crawl, using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
    2. 100 yards of breaststroke using a pull, breathe, kick and glide sequence
    3. 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl or breaststroke
  - B. 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.

#### Materials (to be gotten from the American Red Cross on Grove Rd. PRIOR to first day of class):

- 1.) American Red Cross Lifeguard training book
- 2.) Pocket Mask with a one way valve

**\*\*\*Participants MUST bring suitable swimsuit, towel, and required class materials to ALL class sessions\*\*\***

#### Certification requirements:

1. Attendance is **MANDATORY**  
(If participant can not make all class times (no exceptions), the participant does not pass the course-**NO REFUND**) \*Double check dates and times prior to registration.
2. Active participation in all class sessions
3. Demonstrate competency in all required skills
4. Demonstrate competency in the three final skill scenarios
5. Correctly answer at least 80% of the questions in each of the three sections of the final written examination