



**2018 Fall/Winter American Red Cross
Lifeguarding Courses & Lifeguard Review Classes**



Lifeguard Review Course (w/ Waterpark & Oxygen) *Participant must hold a valid Lifeguard Certificate	Lifeguarding Course (w/Waterpark & Oxygen)
Course Fee: \$115	Course Fee: \$199
<p align="center">Session 17 Lifeguard Review Saturday, Sept. 8th * & Sunday Sept. 9th* 8:00am-5:00pm</p>	<p align="center">Session 18 Lifeguard Course Friday, Sept. 14th : 5:30pm – 9:30pm Saturday, Sept. 15th : 8:00 am – 7:30 pm* Sunday, Sept. 16th : 8:00 am – 7:30 pm*</p>
<p align="center">Session 19 Lifeguard Review Saturday, Oct. 6th* & Sunday Oct 7th* 8:00am-5:00pm</p>	<p align="center">Session 20 Lifeguard Course Friday, Oct. 12th : 5:30pm – 9:30pm Saturday, Oct. 13th : 8:00 am – 7:30 pm* Sunday, Oct. 14th : 8:00 am – 7:30 pm*</p>
<p align="center">Session 21 Lifeguard Review Saturday, Nov. 3rd* & Sunday, Nov. 4th* 8:00am-5:00pm</p>	<p align="center">Session 22 Lifeguard Course Friday, Nov. 9th : 5:30pm – 9:30pm Saturday, Nov. 10th : 8:00 am – 7:30 pm* Sunday, Nov. 11th : 8:00 am – 7:30 pm*</p>
<p>*Indicates that there will be a 1 hour lunch break</p>	

<p align="center">Lifeguarding Review Course:</p> <p>The Lifeguarding Review Course is designed to review the lifeguarding skills and core knowledge points required to recertify lifeguards holding a current Red Cross Lifeguarding/First Aid/AED certification.</p> <p>Please note that if the Lifeguarding/First Aid/AED certificate is expired, participants must take the full Lifeguarding course.</p> <p>If the participant also holds a current Administering Emergency Oxygen certification, this can be re-certified at the same time as Lifeguarding/CPR/AED at no additional charge.</p>	<p align="center">Lifeguarding Course Prerequisites:</p> <p>The Lifeguarding Course is a Blended Learning Course; A combination of online learning and in-person skills session. The content is equivalent to a traditional course with less time spent in a classroom . Online portion will be send via email following registration.</p> <p>The following criteria must be demonstrated at the start of the</p> <ol style="list-style-type: none"> 1. Complete online requirements 2. Swim 300 yds. continuously 3. Tread water for 2 minutes 4. Retrieve 10lb. brick from 7 ft. of water 5. Provide proof of being 15 years old by the last day of class 6. Attend all scheduled classes <p>*If this pre-test is failed, all but \$80.00 will be refunded.</p>
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All courses include the following base-level certifications:
Lifeguard, Standard First Aid, CPR/AED for the Professional Rescuer & Administering Emergency Oxygen (both valid 2 Years) & **Waterpark skills certificate** (valid 2 years). A rescue mask will be provided as part of the course fee.
 Participants will need to obtain a current copy of the *American Red Cross Lifeguarding Manual*, which can be downloaded free of charge from redcross.org.

Beginning in April 2018, all Lifeguarding classes will be taught using the **BLENDED LEARNING** format which combines online knowledge acquisition with in-person training and skills sessions. The online portion of the course **MUST** be completed prior to the first in-person skills sessions in order to continue with the program. If it is not, the candidate will not be permitted to continue with the course and a non-refundable, non-transferrable \$80 fee will be charged.