



**2018 Summer 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) This is a Blended Learning Course
Course Fee: \$115	Course Fee: \$199
Session 11 Lifeguard Review Saturday, April 14th* & Sunday April 15th* 8:00am-5:00pm	Session 12 Lifeguard Course Friday, April 13th : 5:30pm – 9:30pm Saturday, April 14th : 8:00 am – 7:30 pm* Sunday, April 15th : 8:00 am – 7:30 pm*
Session 13 Lifeguard Review Saturday, May 5th* & Sunday May 6th* 8:00am-5:00pm	Session 14 Lifeguard Course Friday, May 4th : 5:30pm – 9:30pm Saturday, May 5th : 8:00 am – 7:30 pm* Sunday, May 6th : 8:00 am – 7:30 pm*
Session 15 Lifeguard Review Saturday, June 2nd* & Sunday, June 3rd* 8:00am-5:00pm	Session 16 Lifeguard Course Friday, June 1st : 5:30pm – 9:30pm Saturday, June 2nd : 8:00 am – 7:30 pm* Sunday, June 3rd : 8:00 am – 7:30 pm*
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> *Indicates that there will be a 1 hour lunch break </div>	

<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 first day of class to continue with the Lifeguarding program:</p> <table border="0"> <tr> <td>1. Complete online requirements</td> <td>4. Retrieve 10lb. brick from 7 ft. of water</td> </tr> <tr> <td>2. Swim 300 yds. continuously</td> <td>5. Provide proof of being 15 years old by the last day of class</td> </tr> <tr> <td>3. Tread water for 2 minutes</td> <td>6. Attend all scheduled classes</td> </tr> </table> <p>*If this pre-test is failed, all but \$80.00 will be refunded.</p>	1. Complete online requirements	4. Retrieve 10lb. brick from 7 ft. of water	2. Swim 300 yds. continuously	5. Provide proof of being 15 years old by the last day of class	3. Tread water for 2 minutes	6. Attend all scheduled classes
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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.