



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GUARD TRAINED TO SAVE LIVES

Lifeguard Re-certification Course

Do you need to renew your American Red Cross Lifeguard Certification? Our review course will teach you the following skills: First-Aid, CPR for the Professional Rescuer, how to utilize an AED, how to apply oxygen, and how to respond to an emergency in and outside of the pool area.

This class will need a minimum of 3 participants and will max out at 8 participants. Each participant must attend both dates in order to obtain certification. This will be taught as a blended learning course there is some course work that must be completed online prior to the first day of class. All participants must pass the required swimming prerequisites for the course; held on the first day of class.

SESSION RUNS: April 10 - April 11, 2021

Saturday, April 10: 9:00 a.m. - 11:00 a.m. - online

Saturday, April 10: 1:00 p.m. - 5:00 p.m. - in the pool

Sunday, April 11: 9:00 a.m. - 11:00 a.m. - in the pool & exam

COST:

Members: \$75.00

Non Members: \$125.00



Prerequisites:

- Must currently hold American Red Cross Lifeguard Certification. Must be expired no more than 30 days prior to taking the course.
- Must be able to swim a continuous 300 yards, demonstrating breath control and rhythmic breathing. A combination of front crawl and breaststroke may be used. Swimming on the back or side is not permitted.
- Tread water for 2 minutes using legs only.
- Feet-first surface dive to seven feet and return to the surface of the pool
- Pick up a 10 pound brick off the bottom of the pool and swim 25 yards - goggles are not permitted.
- Swim underwater for 15 feet

Testing is done on the first day of the course.

All registered participants must have access to a computer, printer and internet.

This class will be taught online and in-person.

All registered participants will receive an email with instructions on how to complete the online portion of the class. The online portion must be completed prior to the first night of class. Progress reports must be printed out and brought with to the class.